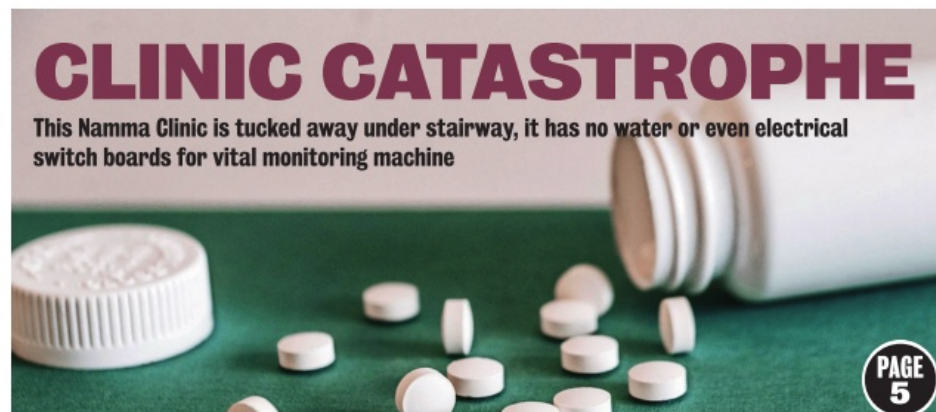




COLLISION COURSE

Traffic police take up efforts to spread awareness about road safety among youngsters as group is most vulnerable to accidents in city

PAGE
3



CLINIC CATASTROPHE

This Namma Clinic is tucked away under stairway, it has no water or even electrical switch boards for vital monitoring machine

PAGE
5

From May till now, 1,271 trees have fallen across city; South Zone recorded highest number of tree falls; most of these trees that came down are ornamental ones planted 40-50 years ago

A THING OF BEAUTY NOT A JOY FOREVER

Environmentalists stress on need to plant native species that have deep root systems

Heavy metal in our rivers

**At least 4 rivers in state
have above permissible levels
of trace and toxic metals**



| Garima Prasher
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TWEETS @BangaloreMIRROR

Rivers across Karnataka are contaminated with dangerous levels of toxic heavy metals such as chromium, iron, lead, mercury, cadmium, and nickel.

A recent paper by the Central Water Commission (CWC) has found that these toxic metals above permissible levels are present in Cauvery, Aghanashini, Netravati, Krishna, Tungabhadra and other tributaries passing through various districts.

CWC has conducted a study on water samples collected from 46 stations at various river stretches between January and December 2022 to analyse nine trace and toxic metals: arsenic, cadmium, copper, chromium, iron, lead, mercury, nickel, and zinc. The analysis results were compared with the prescribed limits of the Bureau of Indian Standards (BIS:10500-2012).

"For the last few decades, there has been a notable surge in the concentration of these heavy metals within river water and sediments. This increase in heavy metal levels can adversely affect crops, including grains and vegetables, grown using contaminated soil and water. This threatens both human health and the environment," noted the researchers.

As per the findings, while the acceptable limit of cadmium in drinking water is $3\mu\text{g/L}$, it was found to be $3.623\mu\text{g/L}$ in Seetha River in Udupi. Similarly, the acceptable limit of chromium in drinking water is $50\mu\text{g/L}$. However, the concentration of chromium was as high as $75.713\mu\text{g/L}$ in

CONTINUED ON PAGE 8 >>

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The civic authorities' preference for foreign ornamental trees has become a growing concern for Bengaluru's residents. These trees, prone to falling even in light winds and rain, have created a sense of fear among the people, who now live in constant worry about when and where the next tree might cause harm.

Originally planted 40-50 years ago to beautify over half of the city's areas, these exotic trees are now collapsing with alarming frequency, leading to accidents involving vehicles, damage to infrastructure like electric poles, and general public distress, especially during the monsoon.

During this monsoon (from May until now), a total of 1,271 trees have fallen across various zones in the city. The South Zone recorded the highest number with 383 trees down, followed by the West Zone with 239 trees, and the RR Nagar Zone with 189 trees. The East Zone reported 129 fallen trees, while the Yelahanka Zone had 99. In the Bommanahalli Zone, 87 trees fell,

CONTINUED ON PAGE 8 >>



A massive tree came crashing on a car near Anil Kumble Circle on Sunday, injuring one passenger

“ It has been observed that the current teams responsible for systematic tree management within the BBMP jurisdiction have been lagging in their duties, particularly in inspecting and removing fallen or potentially hazardous trees and clearing the resulting debris from public spaces

—Tushar Giri Nath, BBMP Chief Commissioner

3 THINGS TO DO



01 Live concert

Join for an unforgettable evening as the sensational Armaan Malik takes the stage. From chart-topping hits to heart-melting songs, Armaan Malik's performance promises to be a musical journey like no other. Feel the magic in the air as he enchants the audience with his extraordinary voice and captivating presence. Don't miss out on this memorable opportunity to witness Armaan Malik's extraordinary talent live in Bengaluru. Get ready for an evening of pure bliss.
Where: Bhartiya Mall of Bengaluru;
When: September 15, 6.30 pm

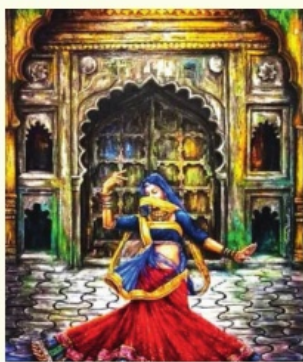


02 Movie night

Indulge in an unforgettable cinematic experience with your loved ones. Whether it's a romantic date night or a fun gathering with friends and family open air movie screening will take you to a different world. Screening of the Hindi movie, Dum Laga Ke Haisha along with snacks and preferred comfortable seating under the stars will give you the best movie experience.
Where: Grand Mercure, Gopalan Mall;
When: September 7, 7 pm and 9 pm

03 Culture blend

The Grand Rajasthani exhibition cum sale brings cultures from the east of India and celebrates diversity with a variety of their products. The exhibition brings together rural artisans from the eastern part of India



featuring vast collections of Cotton and Silk handlooms and handicrafts Orissa tie and dye, dress material and Orissa sarees, West Bengal cotton sarees, and many more. The exhibition is all about the use of traditional handloom skills to create contemporary lifestyle products. **Where:** Sri Someshwara Sabha Bhavana, JP Nagar 7th Phase; **When:** September 1-15, 10 am-11pm

News is now accessible for children with autism

17-year-old has been bringing out monthly newsletter for kids to stay clued in

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TWEETS @BangaloreMIRROR

Kian Jacob, a 17-year-old student at Indus Valley International School has been making newsletters accessible to children with autism, helping them keep up with the happenings of the world.

When Jacob was merely a 15-year-old, his interests leaned towards architecture, leading him to intern with an architectural firm which involved him in designing playgrounds for autistic children. After the internship Jacob, with the objective of bringing his design to fruition, contacted Ishanya Foundation, which has 75 kids in the spectrum of differently abled teenagers. However, that project did not work out due to varying issues with logistics. Yet, he wanted to create something for the children, and did not want it to be restricted to crowdfunding. After brainstorming with the teachers in the foundation, Jacob found that the children needed a newspaper which caters to their very specific needs and keeps them informed regarding the real world.

He worked out an eight-page monthly newsletter which he puts together every month now keeping the students' needs in mind. He prints them and takes them to the school. The print-



Eight page monthly newsletter is put together by Kian Jacob for the 75 autistic children in Ishanya Foundation

ing of these newsletters is paid by his business which he runs during the weekends involving customised sports merchandise. He also conducts special classes for the children to discuss current affairs.

In conversation with Bangalore Mirror, Jacob shared that the design of his newsletters are kept as simple as possible unlike conventional newsletters in order to ensure that the children are able to go through them without any hassle. "The newsletter

is designed to cater for children beginning from middle school, but the high schoolers at the foundation particularly have reviewed and like them. The idea is to keep it as simple and symmetric as possible. The language and vocabulary used is not complex so that it can be easily understood. Along with this, a glossary is provided in the newsletter for new words the children may not know yet," he said. "The format is kept consistent throughout every edition of the newsletter

that comes out. An image is used next to the text, and the colour palette is light and subdued to ensure that it is not overwhelming," he added.

Jacob noted that the back of the newsletter has a game or activity section which the students particularly enjoy. "We have tested many games such as the maze and sudoku. In the case of sudoku, we found that the children did not react positively to numbers and in the upcoming editions, we had to make sim-

Format is kept consistent throughout every edition, and colour palette is light and subdued to ensure it is not overwhelming

— Kian Jacob

pler versions for them to engage with. Initial two months involved trial and error but following this, we built a firm structure on which we could work on," Jacob said. Children deem their time doing the activity section and reading the newsletter as their "best time of the month." Jacob told Bangalore Mirror that he hopes to continue making news accessible to children with autism and in the future, work on design projects and initiatives for people that fall under the spectrum of neurodivergence.

Swamphen trapped in electrical wires gets shot at life

A grey-headed swamphen, a stunning wetland bird known for its vibrant plumage, is making an impressive recovery at the People for Animals (PFA) Wildlife Hospital in Bengaluru. The bird was rescued after becoming entangled in electrical wires and was brought to the hospital by the dedicated PFA Mysuru team.

The swamphen arrived at the hospital on August 7 in critical condition. When Colonel Dr Navaz Shariff, Chief Wildlife Veterinarian, examined the bird he found it lying on its chest, unable to stand. The bird's right leg was completely paralysed, showing no reflexes and signs of severe neurological damage. "The swamphen was in a really bad state when it arrived. It was clear we needed to act quickly if we wanted to save this bird," Dr Shariff said.

Despite the alarming symp-

oms, Dr Shariff and the rehabilitation team were determined to give the swamphen a fighting chance. They performed a radiographic examination to check for any skeletal or neurological abnormalities. To their relief, the X-rays showed no signs of fractures or dislocations, suggesting a possible nerve or soft tissue injury.

With no skeletal damage, the team decided to try an innovative approach to treatment. Under Dr Shariff's guidance, Dr Madhav and Rahul crafted a custom splint for the bird's affected leg. The splint was carefully shaped to match the natural curve of the leg, ensuring it provided support without causing discomfort. A small ball was added at the end of the splint to keep the bird's digits extended, which was crucial for nerve regeneration and a return to normal function. "The custom splint was a key part of the recovery



process. We needed to give the leg the best possible chance to heal naturally," said Dr Shariff.

The results were almost immediate. Shortly after the splint was applied, the swamphen began to bear weight on its injured leg which was a promising sign that the treatment was working. This marked the beginning of

the bird's road to recovery.

The swamphen is now undergoing a comprehensive rehabilitation at the PFA Wildlife Hospital that includes veterinary care, laser therapy, and controlled sunlight exposure to restore the bird's strength and mobility. The veterinary team is closely monitoring the swamphen's progress and is hopeful for a full recovery. "Rehabilitation is a delicate process, especially with wild birds. But we're optimistic that this swamphen will soon be healthy enough to return to the wild," Dr Shariff said.

The swamphen is being kept in a quiet area with minimal human interference to promote natural healing. A balanced diet tailored to its needs is also supporting its recovery. The goal is to restore the swamphen to full health and release it back into its natural habitat.

— Iffath Fathima

City's young & restless riders most vulnerable to accidents

Till August this year, 575 fatal accidents recorded, 40% of which involve 2-wheelers; traffic police spread message of safety among youngsters

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The rising tide of road accidents is a grim reminder of the dangers that lurk in every turn, crossing, and intersection. The numbers reveal that this year too has been a dangerous one on city's roads, with 575 fatal and 2,655 non-fatal accidents reported till August 30. Last year alone, Bengaluru witnessed 4,974 accidents, claiming the lives of 910 individuals.

A significant portion of these fatalities involved young adults aged between 20 to 35 years. What is even more concerning is that 40% of these accidents involve two-wheelers, underscoring the vulnerability of motorcyclists on Bengaluru's increasingly congested roads.

In response to this growing crisis, the city police, in collaboration with Young Indians, organised a traffic awareness dialogue at the Traffic Management Centre recently. This event was aimed at engaging the youth, who are not only the most affected demographic but also the future drivers, riders, and pedestrians of the city.

The initiative sought to create a platform where young minds could come together, discuss pressing traffic issues, and understand the complexities of road safety in an ever-evolving urban landscape.

The event witnessed the participation of 117 students virtually and 58 students physically, representing various colleges across Bengaluru. The diverse backgrounds of the students added depth to the conversation, bringing in perspectives from different parts of the city, each with its own set of traffic challenges.

At the heart of the dialogue was the discussion on traffic rules and



“The choice to wear or not wear a helmet, to fasten or ignore a seatbelt, are all matters of habit

their importance. The reasons behind these alarming statistics are multifaceted.

Rapid urbanisation has led to an increase in the number of vehicles on the road, putting immense pressure on the city's infrastructure.

Poor road conditions, including potholes and uneven surfaces, are a significant contributor to accidents, especially for two-wheeler riders. The chaotic traffic, lack of proper signage, and the disregard for traffic rules further exacerbate the problem.

Commissioner of Police B Dayananda said that traffic behaviour on the roads is largely driven by habit, whether good or bad, and

these habits tend to persist over time. “The choice to wear or not wear a helmet, to fasten or ignore a seatbelt, are all matters of habit.

Once good habits are established, they become second nature. However, if they are not ingrained, they turn into a nuisance and feel uncomfortable.

In India, for instance, many drivers go out of their way to avoid wearing seat belts, even resorting to tucking them behind the seat. Unfortunately, these methods are adopted to bypass safety measures, compromising their own safety in the process,” he said.

Needless risks

During a discussion on road safety awareness, MN Anucheth, Joint Commissioner, highlighted that the high number of young victims reflects a culture of risk-taking and negligence. He noted that speeding,

reckless driving, and the use of mobile phones while driving are common among the younger population.

He also stressed that speeding is a major cause of accidents, especially on Airport Road. With its 34-km stretch of smooth roadway, the Airport Road alone accounts for 10% of all accidents.

Police officials also urged everyone to follow traffic rules, emphasising that young people are still in the prime of their lives.

The officials also mentioned about the launch of an Atram app that will curb the traffic issues in the city. Through this app they aim to combine every accurate picture about road congestion, providing alternative routes to navigate. This app can be used to report incidents such as accidents which helps them to take action faster. And fines can also be paid through this app.

Police shoot down rowdy sheeter's escape plan

The Dabaspete police opened fire on a 26-year-old rowdy-sheeter named Jayanth, who was attempting to evade arrest, on Saturday evening. Jayanth, a resident of Kudur, has over 51 criminal cases pending against him and is notorious for committing highway robberies with his associates. The police had been on the lookout for him since July after registering a robbery case against him.

The police received credible information about Jayanth's presence in the area around 6 pm on Saturday. A police team rushed to the Dabaspete-Ramanagar highway near Mahimapura Cross and managed to pin him down after trying hard to catch him.

While being taken into custody, Jayanth attacked Head Constable Imran Khan with pepper spray and a knife, causing a deep cut on Khan's left hand. Despite the warning to surrender, Jayanth attempted to flee, prompting a senior police officer to fire at his right leg to stop him. Jayanth and Imran Khan were taken to a nearby hospital for treatment. The Dabaspete police have registered an additional case against Jayanth for assaulting a police officer, and the investigation is ongoing. Superintendent of Police, C.K. Baba also visited the scene and supervised the investigation. **BMB**

2,030 drink & drive cases in August

A total of 2,030 drink and drive cases have been booked for August. The traffic police recently conducted a special drive against drivers and riders under the influence of alcohol, spanning from August 23 to August 31.

This city-wide initiative involved traffic officers from all 50 traffic police stations. During this period, a total of 1,707 cases of drunk driving were booked. The drive is part of a broader strategy to enhance road safety and reduce accidents caused by impaired driving. **BMB**

Letter to Shah on perils of online games

Chalavadi T Narayanaswamy, Leader of the Opposition in the Karnataka Legislative Council, has written a letter addressing Amit Shah, Minister for Home Affairs & Co-operation, highlighting the growing concern over the negative impact of online games and betting on youth. He mentions that many families and youngsters have become addicted to these games, leading to severe consequences such as financial ruin, family disharmony, and even homelessness.

Narayanaswamy requests urgent legal action against the owners and founders of these games/apps to curb this new social menace.

He emphasised that while the developers and owners of these online games enjoy luxurious lives in cosmopolitan cities, the people who fall prey to these games suffer the consequences. **BMB**

Tech industry gender gap: Pay disparity slip is showing

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TWEETS @BangaloreMIRROR

The pay disparity between male and female employees in the Indian tech industry has reached alarming levels, with the gap in some high-demand job roles reaching as high as 22-30%, according to a study by Team-Lease Digital. The widest differences are observed in positions such as product manager, data scientist, full stack engineer, data engineer, and DevOps. Across general tech roles, the average pay gap is around 10-17 percent, with even entry-level wom-

en earning 15.38 percent less than their male counterparts.

The report attributes this disparity to structural inequalities, uneven role distribution, obstacles in career advancement, and negotiation gaps. The pay gap varies across roles, with technical and leadership positions exhibiting more significant disparities. As women advance to higher positions, the gap widens further due to a lack of mentorship and fewer promotion opportunities.

“Addressing the gender pay gap requires implementing transparent pay policies, establishing mentorship programmes, providing training on unconscious bias, and offering flexible working conditions to sup-



port work-life balance,” it said.

The IT sector currently employs around 20.5 lakh women professionals. In Global Capability Centres (GCCs) of multinational companies,

the percentage of women tech professionals is likely to rise from 25% to 35% by 2027, with women staff in GCCs currently at 4.82 lakh.

The report also highlighted the growth of GCCs in India has resulted in engineers earning at least 12-20% higher salaries compared to tech roles in IT products and services companies. For instance, GCCs pay Rs 9.7 LPA (lakh per annum) for software developer roles that can increase to Rs 43 LPA with over eight years of experience.

In contrast, IT products and services sector salaries for the same role at an entry level pay about Rs 5.7 LPA and go up to Rs 17.9 LPA with eight years experience.

Lake's future at risk with rising encroachments

Locals are urging urgent action to address blocked stormwater drains and incomplete infrastructure at Avalahalli Lake to prevent severe flooding

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Residents of Avalahalli in Yelahanka are raising concerns over the deteriorating condition of Avalahalli Lake. Despite multiple follow-ups with Panchayat, the situation around the lake has worsened, particularly concerning encroachments on the rajakaluve and unauthorised shops at the lake.

On August 31, 2024, residents from 15 apartment complexes in Avalahalli participated in a citizen meeting organised by the environmental group Green Circle. The meeting was held at the Singanayakanahalli Gram Panchayat Office and was chaired by V Selvarajan, Chairman of Green Circle. During the meeting, residents expressed their concerns about the encroachments and blocked stormwater drains, fearing these issues could lead to severe flooding in the area.

Selvarajan expressed his frustration with the lack of progress on critical issues, particularly the failure to clear encroachments from the rajakaluve. "Some of our demands, like fencing the lake and providing security, were addressed. But reviving the rajakaluve was hampered due to objections from five plot owners. As the survey initiated at our instance proved a threat to them, they requested the Tahsildar to divert the rajakaluve route. The Panchayat Development Officer (PDO) informed us that they are pursuing the matter, but nothing tangible has happened



A shop has sprung up at Avalahalli Lake, posing a threat lake's ecosystem

to date. Meanwhile, new issues have emerged," he said.

The meeting also highlighted several other pressing concerns, including the incomplete work on the stormwater drain leading to Avalahalli Lake. The drain, which is essential to preventing waterlogging, remains unfinished, and recent developments have made the situation even more precarious.

The residents reported that the

stormwater drain has been completely blocked, which could result in flooding if not promptly cleared. "The Panchayat has to bring in a JCB to clear the pathway to the lake. If these issues are not addressed soon, there will be flooding in nearby layouts," said Selvarajan.

In addition to these concerns, residents demanded immediate action to stop further encroachments. Unauthorised shops have sprung



Panchayat has to bring in JCB to clear pathway to lake. If these issues are not addressed soon, there will be flooding

— V Selvarajan, Chairman of GC

up, further threatening the lake's ecosystem. The residents urged the Panchayat to issue notices to those responsible for illegal activities in the area and to ensure that no more construction permits are granted in the lake's vicinity.

As the meeting concluded, the residents emphasised the need for regular garbage cleaning in the layouts, the replacement of street lights in the BEL layout area, and the installation of white stripes on speed breakers near the railway track leading to Singanayakanahalli Lake.

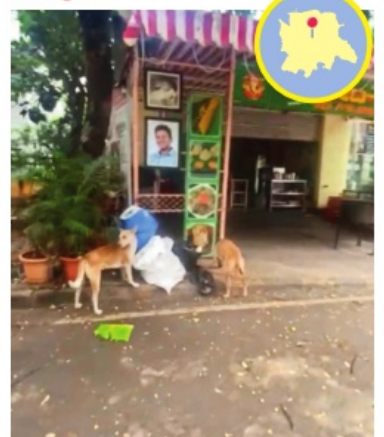
Residents are calling for immediate and decisive action from the authorities to safeguard their homes and the environment.

whatsapp
MIRROR
9591233247

Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Waste woes

Kengeri



A restaurant on 2nd Cross, 4th Main in Kengeri Upanagara is disturbing the neighbourhood by leaving food waste outside for long periods, attracting stray dogs and causing frequent fights.

Pothole peril

Vasanth Nagar



The corner at 6th Cross, Vasanth Nagar, has become increasingly dangerous over the past month due to potholes, posing a serious risk to those navigating the turn.

No more broken tiles: BBMP fixes bus shelter

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TWEETS @BangaloreMIRROR

Bengaluru Metropolitan Transport Corporation commuters and pedestrians are grateful to the Bruhat Bengaluru Mahanagara Palike (BBMP) for concreting the floor of the bus shelter on Saunders Road near Coles Park. They request that BBMP officials conduct monthly inspections to ensure the shelter remains in good condition.

Bangalore Mirror published a



BM reported on Aug 24 about missing slabs; now, commuters are pleased with recent repairs but call for regular inspections

story titled "Bus Stop Blues: Broken Tiles and Missing Slabs," on August 24, detailing concerns from pedestrians and BMTC commuters about dangerous conditions at a bus shelter. The broken tiles and missing slabs on the footpath and drain were posing risks. The executive engineer of Pulakeshinagar has promised to address the issue by advising the BBMP Traffic Engineering Cell.

"I am delighted with the BBMP authorities for concreting the floor at the bus shelter. This improvement greatly benefits the many people who use the shelter to board BMTC buses. Previously, the broken tiles were not only unsightly but also unsafe for senior citizens. It would be even better if the BBMP could cover the floor with new pavers for added durability and safety," said Dilip Solanki, a resident.

V. Purushotham, a resident, stated that while the concretisation of



the bus shelter floor is a temporary fix, the authorities need to restore it to good condition. He emphasised that there is still much work to be done at the bus shelter. "Now people can use the bus shelter without any hassles. I urge the authorities to

restore the bus shelter on par with other shelters," said Purushotham.

A visitor to Coles Park noted that some of the concrete slabs on the drain-cum-footpath are broken and need to be replaced with new ones. "One can notice a broken concrete slab on the drain near the bus shelter. The broken concrete pieces will be a hurdle for BMTC commuters, especially senior citizens. I appeal to the BBMP authorities to do the job with dedication and commitment," he said.

Vinod Jacob, a former student of St Germain's Academy, welcomed the footpath repairs but noted that this is only a temporary fix. "The city needs permanent solutions and better footpaths for walkability and last-mile connectivity. The safety of the pedestrians should be the priority for any design or structure on footpaths. Since this is a school zone we need to make footpaths seamless and safe for children, teachers and senior citizens," said Vinod Jacob.

Tree trouble

Gandhi Nagar



A large tree fell on Kalidasa Marg in Gandhinagar and hasn't been removed yet, causing public inconvenience.

Apartment complex sets up command centre on its premises to monitor footage from its CCTV cameras

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TWEETS @BangaloreMIRROR

Sobha Forest View Apartments Owners Association has added another feather to its cap. After leading the installation of cameras under the Garuda CCTV Project, a collaboration between the Change Makers of Kanakapura Road Association and Bengaluru City Police, the association has now established a Command Centre on its prem-

ises. Deputy Commissioner of Police (South), Lokesh, inaugurated the facility on Saturday.

Sobha Forest View now features over 266 high-definition CCTV cameras and a state-of-the-art command centre for monitoring them. The facility includes an immediate alert system for emergencies via wireless communication, a system to notify security if someone is trapped in a lift, and a process to switch the lift to operational or manual mode whenever an ambulance arrives at Sobha Forest View.

"We began installing cameras in 2016. Currently, there are 266 in the residential apartment complex, which has 889 flats and a population of around 3,500 people. The CCTV



The Command Centre at Sobha Forest View in Kanakapura

Command Centre enables close monitoring of the approximately 1,200 vendors and visitors who enter Sobha Forest View daily. We spent Rs 30 lakh to Rs 40 lakh on the CCTVs and Command Centre," said Siva Nittala, President of Sobha Forest View Apartment Owners Association.

He said the apartment complex consists of eight towers and each tower has three lifts. "The CCTV Command Centre is a proactive approach to prevent untoward incidents. As of now, we have 58 security guards including supervisors. Now, monitoring of visitors and vendors has become easy. It may help us to reduce the number of security guards in future," he said.

Kiran Kumar, Joint Secretary, of Sobha Forest View Apartment Owners Association said that this initiative would be a great help to reach people who get stuck in a lift or need medical care. "The Deputy Commissioner of Police has appreciated us. He said that it has to be replicated by other apartment owners associations," said Kiran

Kumar.

Abdul Aleem from Kanakapura Road Apartments Movement of Change has described the Command Centre as a tremendous achievement and an example for all the Resident Welfare Associations to follow. "We wish more and more RWAs to learn from this example and implement a similar system. Once again congratulations to Siva Nittala and Kiran Kumar and everyone involved in this project from SFV," said Abdul Aleem.

VK Srivatsa, secretary of Change Makers of Kanakapura Road, said that the Sobha Forest View Apartment Owners Association is always concerned about the safety and security of the residents not only for SFV but for the entire community.

Clinic in a tight corner with no basic facility

Water supply cut off, ceiling collapse in medical examination room — this Jogupalya medical facility tucked away under a staircase is something patients would rather avoid

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TWEETS @BangaloreMIRROR

The Bruhat Bengaluru Mahanagara Palike (BBMP) has invested in opening a Namma Clinic at Jogupalya Playground to serve the local community. However, the clinic's location under the stairs of the playground gallery has led to low visibility. Additionally, those who are aware of the clinic may hesitate to use its services due to a recent ceiling collapse in the medical examination room.

"How do you expect a patient to have a medical check-up at the medical examination room that is in poor condition? The choice of location for this clinic is problematic. Residents visiting the clinic or the staff, including the doctor and nurse, have no facilities to attend to basic needs," said BR Chandran, a social activist.

It is reported that the water supply has been cut off for some time, but the authorities have not yet resolved the issue. Pourakarmikas are forced to use the clinic's toilet by carrying water in plastic buckets from nearby apartment complexes, as the public toilets at the playground are out of service.

"We have no choice but to visit the nearby school to attend to our needs. We have already complained to authorities about the lack of water at this clinic. We hope the authorities will ensure water supply to this clinic without any delay," said one of the employees on the condition of anonymity.

The BBMP has provided an oxygen cylinder and vital monitoring machine, but there is no electrical switchboard to power them. As a result, both the oxygen cylinder and



Namma Clinic at Jogupalya Playground is plagued by inadequate facilities, including lack of water & electrical switchboard

How do you expect patient to have medical check-up at medical examination room that is in poor condition? Staff have no facilities to attend to basic needs

—BR Chandran, social activist

the monitoring machine remain idle and unused.

Rajesh S, a resident, criticised the BBMP authorities and elected representatives for choosing an unsuitable location for the Namma Clinic, stating he had never seen a clinic situated next to a garbage transfer centre. "I urge the BBMP authorities



to shift the Namma Clinic to a suitable location or keep the surroundings of the existing clinic clean and neat. It is not advisable to have Namma Clinic adjacent to a garbage transfer centre," said Rajesh.

According to an employee, approximately 20 people visit the Namma Clinic on weekdays, including some pourakarmikas who come to check their blood pressure. Dr. Divya reported that the clinic lacks water because the borewell pump was stolen a few months ago. "We are taking up the repair of the ceiling that had fallen a few months ago. We have informed higher authorities on the need to have a new water pump for the borewell," said Dr Divya.



When informed, BBMP Special Commissioner (Health and Animal Husbandry) Suralkar Vikas Kishor said that he had already instructed the nodal officer to look into the matter. "The problems will be fixed. The Nodal Officer will attend to the problems," the Special Commissioner said.

Smuggled gold seized at airport

In a significant operation, Bengaluru airport Customs officials successfully intercepted three Sri Lankan nationals who were attempting to smuggle gold into India. The passengers arrived at Kempegowda International Airport on August 31, 2024, aboard flight 6E-1168 from Colombo. The customs team, acting on prior intelligence detained the suspects.

Acting on intelligence, customs officers discovered gold concealed in paste form inside the rectums of the accused individuals. Upon extraction and weighing the seized gold weighs 1,670.92 grams and, with an estimated market value of approximately 1,19,38,723.

The gold has been confiscated, and the customs department has promptly initiated a comprehensive investigation to uncover further details surrounding the smuggling attempt.

BMB

Traffic campaign is catching on

The "Join the Commute" initiative, launched last Monday by Deputy Commissioner of Police (DCP) Traffic South, Shivaprakash Devaraju, has quickly gained traction, with more than 500 registrations within the first 24 hours.

Over the past week, DCP Devaraju has completed the first phase of the campaign by joining commuters on four key routes across South Bengaluru, Hulimavu to Koramangala, JP Nagar to Adugodi, Ejjipura Signal to JP Nagar, and Gubbala to IBC Knowledge Park. During these commutes, citizens voiced concerns about issues such as reckless driving, road rage, and illegal parking.

DCP Devaraju emphasised the importance of addressing these challenges, stating that immediate actions will be taken to resolve them. The campaign's second phase will expand to include two-wheeler riders and auto-rickshaw commuters, allowing for further engagement with both drivers and passengers.

BMB

BBMP proposes to collect annual fee for mobile towers

According to state government rules, a fee of ₹12,000 can be charged annually for each tower

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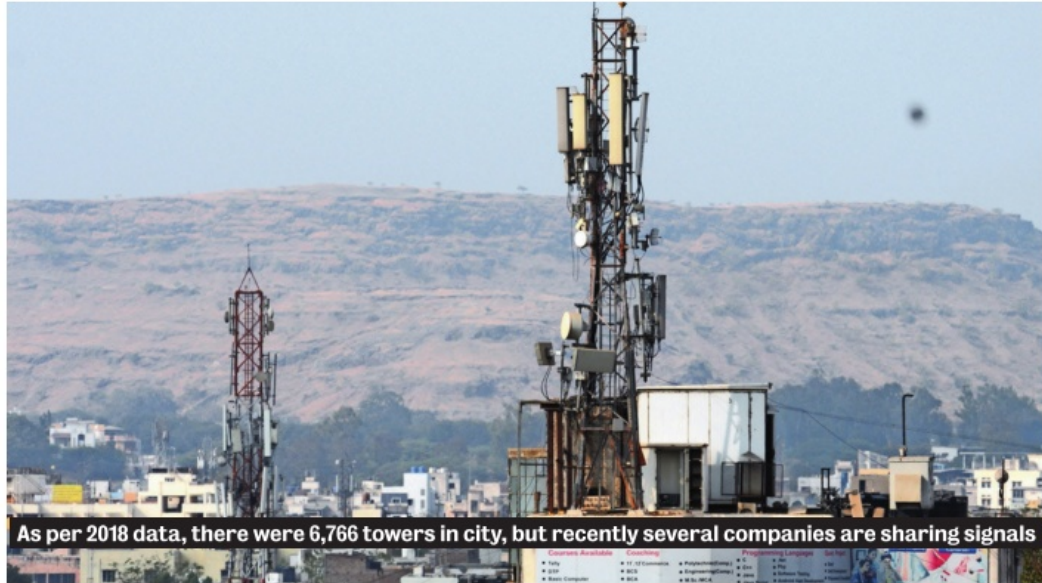
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Bangalore Mahanagara Palike Revenue Department is now planning to impose an annual fee of Rs 12,000 per tower for all towers in Bengaluru. Additionally, efforts are underway to successfully implement a levy on urban land use fees, which had faced challenges in the past. The BBMP is now enforcing strict measures to ensure compliance. The BBMP Revenue Department has directed telecom companies with installed towers in the city to submit detailed information during meetings.

This includes the total number of towers their company has set up, the owners of the properties where these towers are located, and how long the towers have been in place. Data from 2018 indicates there were 6,766 towers in the city, but more recently, multiple companies have begun sharing signals on single towers.

Previously, fees were collected from the property owners where the towers were installed. These owners received either monthly or annual payments, and the BBMP is now pushing forward with this collection. The fees will be determined based on the tower's size, height, and the number of service providers using it, regardless of how many companies share the tower.

The BBMP began collecting



As per 2018 data, there were 6,766 towers in city, but recently several companies are sharing signals

these fees in 2015. Initially, in 2008, the BBMP had proposed to impose fees on towers, but telecom companies contested this in court. In response, the Karnataka government issued new regulations for telecom infrastructure towers in 2015.

The recent conclusion of the court case has allowed the collection of fees under these regulations. According to state government rules, a fee of Rs 12,000 can be charged annually for each tower. The BBMP has been collecting this amount per tower since 2015, and it is estimated that this could generate revenue between Rs 350 to 500 crore.

How will the fees be collected?

Telecom companies will provide details of where their towers are located in the city and the owners of these properties. BBMP revenue officials will then issue notices to the respective property owners and take steps to collect the fees, as per BBMP Revenue Department officials.

A senior BBMP official said, "As part of our ongoing efforts to bolster the city's revenue, the BBMP has implemented a more structured approach to collecting fees from telecom towers across Bengaluru. With the city rapidly expanding, it is essential that we ensure all infra-

structure, including telecom towers, contributes fairly to the municipal revenue. By imposing an annual fee of Rs 12,000 per tower, we're not only aligning with state regulations but also creating a significant revenue stream that will ultimately benefit the city's development and public services. This initiative is part of a broader strategy to optimise our revenue sources, ensuring that every avenue is explored and utilised effectively. The funds generated will be directed towards essential civic projects, infrastructure improvements, and other public welfare initiatives, thereby enhancing the overall quality of life for Bengaluru's residents."

Vande Bharat sleeper class in 3 months

Bengaluru is poised to begin producing sleeper-class trains for the Vande Bharat series. During an inspection of the Vande Bharat sleeper train set prototype at BEML's Bengaluru rail complex on Sunday, Railways Minister Ashwini Vaishnaw announced that the trial run for these trainsets will last for one and a half months, with commercial operations expected to begin in the next three months.

All materials and components of the Vande Bharat sleeper train set meet the highest fire safety standards, adhering to the stringent EN45545 HL3 grade requirements. The train offers a range of world-class amenities, such as integrated reading lights with USB charging, public announcement and visual information systems, display panels, security cameras, modular pantries, and specially designed berths and toilets for differently-abled passengers. The 1st AC car also includes showers with hot water, enhancing passenger comfort.

The train is also equipped with automatic exterior doors, sensor-based intercommunication doors, remotely operated fire barrier doors, ergonomically designed odor-free toilets, and modern passenger amenities. All cars offer spacious luggage rooms and a maximum operational speed of 160 kmph during service and 180 kmph during testing. The train has a total passenger capacity of 823 berths, spread across 16 coaches, with 11 AC three Tier coaches, four AC two Tier coaches, and one First Class AC coach.

— BMB



NOTES FROM THE FIELD

ities. When journalists grilled the officials at Ballari Jail, they responded, "We've realised that the existing CCTV coverage at Ballari Jail was insufficient, so we've increased the number of cameras now that Darshan is here. Additional CCTV cameras are being installed outside for enhanced security." As news of Darshan's transfer spread, many of his fans gathered outside. With a surge of followers crowding the Ballari jail, the police had to resort to using a public address system to manage the situation.

No pressure

When Home Minister G Parameshwara was asked why Ballari Jail was chosen, he responded that there was no specific reason; it was simply the decision of the jail authorities. Addressing concerns that Darshan's transfer to Ballari Jail might be due to the proximity of Housing Minister BZ Zameer Ahmad Khan, who oversees the Ballari district and is reportedly close to the actor, Parameshwara clarified that there was no connection.

Midnight drama

Fearing that daytime or evening child marriage ceremonies might be interrupted, some are scheduling weddings at night. However, officials are staying vigilant. In a recent action, authorities intervened to prevent a

child marriage at 2 am. Responding to a tip received through the helpline, officials conducted a raid in Hoskote, Bengaluru Rural, where they found a 15-year-old girl being prepared for marriage. The Child Protection Unit stepped in promptly, halting the ceremony.

Burying differences

BJP MLA Basanagounda Patil Yatnal has frequently launched sharp criticisms against his own party members. Recently, during an Assembly session, he openly challenged Leader of Opposition R Ashoka, accusing him of being notorious for 'adjustment politics'. When Vijayendra, Ashoka, and their team embarked on a padayatra to Mysuru, Yatnal planned his own padayatra for Ballari. However, the closure of Yatnal's sugar factory provided a new avenue for reconciliation. In response, Ashoka visited Yatnal's residence to offer his support.

Mosquito nets for studying

The Department of Women and Child Welfare has expanded the use of mosquito nets to all Anganwadi centres due to increased rainfall and a surge in dengue cases. An official told the media, "The deployment of mosquito nets has been a crucial strategy during the rainy season for

the past four years, providing essential protection to children. In contrast, fans are used during the summer months. With the recent uptick in dengue cases, the use of mosquito nets at Anganwadi centers has now become mandatory."

New equations

In politics, allegiances are as fluid as the wind. In Chikballapur, a dramatic shift in friendships has unfolded. Once allies, the current MLA Pradeep Eshwar and former MLA Dr K Sudhakar have become bitter rivals. Recently, the two rivals came face-to-face at a public event. Eshwar was seated next to Higher Education Minister D. MC Sudhakar, while Dr K Sudhakar made his entrance. Dr K Sudhakar exchanged pleasantries with Dr MC Sudhakar but pointedly ignored Eshwar. In turn, Eshwar avoided any direct eye contact. Throughout the event, it was as if the two leaders were in their own separate worlds, deliberately avoiding any acknowledgment of each other.

Apathy for Government hospitals

Speaking at a recent event, Chief Minister Siddaramaiah admitted that neither ministers nor other dignitaries frequent government hospitals, recognising this as partly their own fault. Despite this, he assured that funding will continue to ensure that government hospitals meet the quality and cleanliness standards of private ones.

— Sridhar Vivan



KPCC president DK Shivakumar recently led a padayatra to Raj Bhavan, demanding the Governor's approval for prosecuting Union Minister HD Kumaraswamy in connection with an alleged scam. A couple of days prior to the padayatra, Shivakumar and Governor Thawar Chand Gehlot were seen dining together at an event during the engagement of Yelahanka MLA SR Vishwanath's daughter to Urban Development Minister Byrathi Suresh's son.

Extra CCTVs for Darshan

The recent uproar over actor Darshan receiving 'royal' treatment at Parappana Agrahara has sent shockwaves through the jail author-



Do the write thing

Parliamentarian and author-philanthropist Sudha Murthy in conversation with fellow author and actor Twinkle Khanna, at the celebration of the launch of her 300th book title – and 46th book – 'Grandpa's Bag of Stories' in the city, on Sunday. The event was organised by Bengaluru-based Lit Spirit Foundation

PICS: KAUSHIK JN

Local governance not in good shape in K'taka

Ten out of 11 city corporations in state don't have operational ward committees: Report

I Y Maheswara Reddy
c-y.reddy@timesofindia.com

TWEETS @BangaloreMIRROR

For citizens who believe in the power of local bodies' role in development, this may come as grim news. As many as 10 out of 11 city corporations in the state do not have operational ward committees. The local bodies do not have a role or control over 15 of the 18 functions of local governance mandated by the Constitution, according to a report released by Janaagraha.

The report stated that there is an average delay of 22 months in elections to municipal corporations, and a total delay of 2.5 years in the formation of municipal councils and election of Mayors/Presidents of municipalities. The report stated that local bodies exhibit poor transparency; citizens do not have access to city council debates, proceedings, information related to development projects, or other key information on local governance.

The report titled – A critical review of decentralised participatory governance in cities of Karnataka – reveals substantial shortcomings in the implementation of the 74th Constitutional Amendment Act, which mandates local self-governance in towns and cities. It said that timely elections, effective decentralisation of power, and citizen participation are crucial for creating responsive local governments and enabling effective action on issues such as equity, public health, and environmental sustainability.

The report stated that local bodies exhibit poor transparency; citizens do not have access to city council debates, proceedings, information related to development projects, or other key information on local governance.



Civic work goes on as citizens jostle for space on the road at several spots in the city

“It is clear from the study that our cities are weak in terms of foundational elements of local democracy and good governance such as timely elections...”

– Santosh Nargund, Janaagraha

jects, or other key information on local governance.

Presenting the highlights of the study, Santosh Nargund, Head – Participatory Governance, Janaagraha, said that Karnataka, which was a leading state in decen-

tralised local governance in the 1980s, has seen a gradual decline over the decades. “It is clear from the study that our cities are weak in terms of foundational elements of local democracy and good governance such as timely conduct of elections, devolution of powers by the state government to elected city governments, and people's participation in developmental activities,” said Nargund.

He said that weak urban local governance has serious implications on the economic and social development ambitions of the state, as well as on environmental sustainability and climate resilience. “In the last two years, we have reached out to several city governments and communities across the cities of

Karnataka to build awareness and capacities for improved urban governance,” he said.

The report release was followed by a panel discussion moderated by Srikanth Viswanathan, CEO, Janaagraha on the findings and key challenges in urban governance with panelists Dr. B Basavaraju, former State Election Commissioner, Karnataka, HS Gopinath Reddy, Member of Legislative Council (Bengaluru Local Authorities Constituency), Karnataka, KA Thippeswamy, Member of Legislative Council, Karnataka, and former Commissioner, Karnataka Information Commission, and Prof. (Dr.) Sudhir Krishnaswamy, Vice Chancellor, National Law School of India University, Bengaluru.

HC quashes case against KIA official

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The High Court has dismissed a corruption case against Attar Mohammed Shafiullah, a customs superintendent at Kempegowda International Airport in Bengaluru. Justice M Nagaprasanna stated that since the departmental inquiry had cleared the officer of any wrongdoing on merit, continuing the criminal proceedings based on the same facts would serve no purpose.

According to the allegations, Shafiullah demanded a bribe of Rs 30,000 from S Muthukrishna, a traveler, to clear the commercial goods he had brought with him upon returning from Bangkok on March 1, 2018. Muthukrishna claimed that he left to withdraw money from an ATM after requesting the petitioner for some time and later filed the complaint upon his return. The CBI registered an FIR and filed a charge sheet against the officer under IPC Section 120B and sections 7, 13(2) read with section 13(1)(d) of the Prevention of Corruption Act.

Shafiullah approached the HC, challenging the CBI's actions, stating that the disciplinary proceedings initiated against him based on the same allegations concluded on December 29, 2023, after the disciplinary authority accepted the inquiry officer's report and closed the case. The CBI, however, maintained the petitioner did demand a bribe from the complainant, which was received by a co-accused customs inspector. Justice Nagaprasanna referred to the Supreme Court's judgment in the PS Rajya and Ashoo Surendranath Tiwari case, emphasising that if allegations in the departmental inquiry could not be proven on merit and the person is found innocent, criminal prosecution based on the same facts cannot be allowed to continue, given the higher standard of proof required in a criminal trial.

Yettinahole project to be inaugurated on Gowri festival: Deputy CM

Karnataka Deputy Chief Minister and Irrigation Minister DK Shivakumar on Sunday announced that the Yettinahole project, which would provide water to seven districts in the state, will be inaugurated on September 6 on the occasion of the Gowri festival.

Speaking to the media at his Sadashivanagar residence, Shivakumar said, "Chief Minister Siddaramaiah will inaugurate the project on the Gowri festival. I spoke to the CM and he agreed to inaugurate it."

"Kolar, Chikkaballapura, Bengaluru Rural, Ramanagara, Tumakuru and Hassan districts have been eagerly waiting for the completion of the project. Many leaders have fought for this project and all political parties have cooperated for it. I had taken up this project as a challenge in the last year and completed the works on a war footing," he stated.

He further mentioned that there are many disputes surrounding the project about the forest lands through which water will flow into the main canals.

"There were many criticisms about this project. There were some disputes pertaining to forest land but we are sorting them out. Once this



land is handed over to us, water will flow into the main canals. Currently, the water is being lifted from 7 barages and the water is temporarily released to Vani Vilas Sagar dam," he said.

"The beneficiaries of this project can view water being lifted during the inauguration. We will invite leaders from all political parties, farmers and district in-charge ministers," he added.

When asked about what transpired at the dinner hosted by Chief Minister Siddaramaiah, Shivakumar said, "We discussed the modalities of the 100th-anniversary celebrations of Gandhiji assuming the office of the President of the AICC. The anniversary celebrations will focus on

spreading awareness about Gandhi's principles among youth."

On the Justice D'Cunha Committee report on the Covid-19 scam and former Health Minister K Sudhakar's statement, he said, "I don't know what is there in the report and I don't know what Sudhakar has said. I will talk to you about it after collecting more details about it."

On the governor's statement that no applications were pending with his office, Shivakumar said, "We are surprised about the stand."

We are trying to understand what happened to the request filed by the Lokayukta. I heard some people are preparing to complain against me; let them." **ANI**

Surge in concentration of heavy metals over last few decades

CONTINUED FROM PAGE 1

the Cauvery River in Chamara Nagar and 63.242µg/L in Tungabhadra in Davangere.

Iron (acceptable limit is 1.0 mg/L) in large concentration was found in Aghanashini River stretch in Uttara Kannada, Cauvery River in Mysuru and Mandya, Netravathi River in Dakshina Kannada, and Tunga in Chikkamagaluru apart from tributaries such as Hemavati, Kabini and Malaprabha. The highest concentration (6.615 mg/L) of this toxic metal was found in Krishna/Malaprabha stretch in Bagalkot.

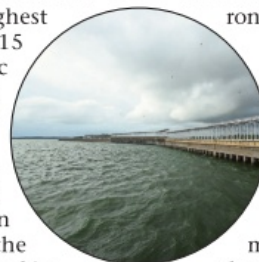
A high concentration of lead was found in Seetha River in Udupi. As per BIS, the acceptable limit for lead in drinking water is 10 µg/L. However, the level was 63.484µg/L in the Seetha River. River Aghanashini in Uttara Kannada, Cauvery in Ramanagara, Krishna in Bagalkot and Tungabhadra in Haveri, Shimoga, Davangere Chikmagalur also recorded dangerous levels of lead in water samples.

The Cauvery-Arkavathi stretch in Ramanagara and Tungabhadra River in Davangere recorded high levels of mercury in water. Nickel above the

recommended level was found in the Cauvery-Kabini stretch in Mysore and Cauvery/Yagachi in Hassan.

Where is it coming from?

According to CWC, metal pollution from domestic/industrial wastes and discharges, fossil fuel consumption, sanitary landfills, metal pollution from mining and processing ores, domestic wastewater effluents, and agricultural runoff are some of the sources of heavy metals in the environment.



Experts point out that domestic wastewater and the disposal of both domestic and industrial sludge constitute the primary anthropogenic sources of various toxic heavy metals.

In general, wastewater treatment processes remove less than 50% of the metal content from the influent, resulting in effluents with significant metal loads.

Moreover, fertilisers, herbicides, and fungicides used in agricultural fields can include toxic metals such as copper and zinc.

Continued surveillance and regular water quality testing identifying the pollution sources and mitigating the release of pollutants into rivers are some measures suggested by CWC researchers to tackle metal contamination.

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I Prashanth S/O Pundalik K Pai R/o 335/H, 2nd Cross, 9th K main, Hosahalli, Vijayanagar, Bengaluru have changed my name from Prashanth to Prashanth Pundalik for all future purposes.

I, Shaikh Saffiuddin Mian s/o. Shaikh Fakrudin, R/o. 8, 2nd Floor, 2nd Cross, 8th Main, Madar Sab Layout, New gurappanpalya, Bangalore, have changed my name from Shaikh Saffiuddin Mian to Shaikh Saffiuddin Mian for all purpose by affidavit sworn before B.M.Chandrashekar Public Notary dated 29-08-2024

I, Satheesh Kumar Chellappan Pillai R/O Flat No. C 19 Raghuram Residency NO 30 M. S. Ramaiah Road Gokula Bengaluru- 560054, Have Changed my name to Sathish C

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Tree management teams told to pull up their socks

CONTINUED FROM PAGE 1

and the Mahadevapura Zone saw 76 trees come down. The Dasarahalli Zone reported the lowest number, with 69 trees falling.

Suggestions from environmentalists

To reduce the incidents of tree falls, it is crucial to halt the repeated digging of roads for various infrastructure projects, such as road construction, metro lines, drainage systems, water pipelines, and electric cables, experts say. They insist that the focus must shift to planting native tree species.

These indigenous trees have deep root systems, making them resilient enough to withstand strong winds and rain, and they can thrive for hundreds of years, according to environmentalists.

Sources said that urbanisation has damaged many trees, and under the guidance of senior officials, the removal of hazardous trees is under way. Additionally, preparations are being made to plant new saplings of native species.

BBMP Chief Commissioner Tushar Giri Nath said, "To address the issue of clearing fallen trees and branches due to the rain and wind within the BBMP jurisdiction, as well as to remove trees that are in a dangerous condition, 28 systematic tree management teams have been established, each assigned to a specific Assembly Constituency.

Each of these teams consists of eight personnel equipped with the necessary tools and expertise to manage the removal of trees and branches.

Additionally, a large vehicle with a driver has been allocated to each team for clearing the debris generated during the removal process. The duties of these teams include carrying out systematic tree management work within their designated constituencies, promptly clearing fallen trees or branches, and responding swiftly to public complaints received through the Sahaaya 2 App, control room, or direct reports.

This is aimed at preventing damage to the public, property, and ensuring smooth traffic flow. Furthermore, these teams are required to inspect their respective constituencies daily, clearing any fallen trees or branches along the roadsides and removing those that are in a hazardous condition."

Weather wise

Since wind and rain do not occur simultaneously across all areas, the teams have been instructed to prioritise work in regions experiencing more severe weather, following the directives of zonal joint commissioners, zonal forest officers, and officials from the central office's forest department.

They are also responsible for maintaining records of the work performed daily. In the event of any complaints regarding the tree man-

agement work, the zonal forest officers will be held directly accountable. Additionally, the teams are expected to clear debris from the roadsides to prevent any loss of life due to rain-related damage.

"However, it has been observed that the current teams responsible for systematic tree management within the BBMP jurisdiction have been lagging in their duties, particularly in inspecting and removing fallen or potentially hazardous trees and clearing the resulting debris from public spaces. This negligence has resulted in trees falling during rain and wind, causing damage to the public, property, and disrupting traffic, with several public vehicles also being damaged," he said.

The BBMP chief urged all teams involved in tree management within the BBMP jurisdiction to enhance their performance and adhere to regulations by promptly removing fallen or potentially hazardous trees and branches from public spaces to prevent further incidents. The teams are also instructed to swiftly remove the resulting debris.

"Failure to comply will result in actions being taken against the responsible teams as per tender regulations. Furthermore, the BBMP's solid waste management officials have been directed to identify suitable locations for the disposal of debris collected from trees and coordinate with forest department officials to ensure proper disposal," Nath added.



Does this drink work out?

Chocolate milk as recovery drink after workout? A dietitian reviews evidence



Whether you enjoy chocolate milk regularly, as a weekend treat, or as an occasional dose of childhood nostalgia, it probably wouldn't be the first option you think of for post-workout recovery.

Unless you're on TikTok, perhaps. According to many people on the social media platform, chocolate milk is not only delicious, but it offers benefits comparable to sports drinks after a workout.

So is there any evidence to support this? Let's take a look.

Rehydrating after a workout is important

Water accounts for somewhere between 50% and 60% of our body weight. Water has many important functions in the body, including helping to keep our body at the right temperature through sweating.

We lose water naturally from our bodies when we sweat, as well as through our breathing and when we go to the toilet. So it's important to stay hydrated to replenish the water we lose.

When we don't, we become dehydrated, which can put a strain on our bodies. Signs and symptoms of dehydration can range from thirst and dizziness to low blood pressure and confusion.

Athletes, because of their higher levels of exertion, lose more water through sweating and from respiration (when their breathing rate gets

faster). If they're training or competing in hot or humid environments they will sweat even more.

Dehydration impacts athletes' performance and like for all of us, can affect their health.

So finding ways to ensure athletes rehydrate quickly during and after they train or compete is important. Fortunately, sports scientists and dietitians have done research looking at the composition of different fluids to understand which ones rehydrate athletes most effectively.

The beverage hydration index

The best hydrating drinks are those the body retains the most of once they've been consumed. By doing studies where they give people different drinks in standardised conditions, scientists have been able to determine how various options stack up.

To this end, they've developed something called the beverage hydration index, which measures to what degree different fluids hydrate a person compared to still water.

According to this index beverages with similar fluid retention to still water include sparkling water, sports drinks, cola, diet cola, tea,

coffee, and beer below 4% alcohol. That said, alcohol is probably best avoided when recovering from exercise.

Beverages with superior fluid retention to still water include milk (both full-fat and skim), soy milk, orange juice and oral rehydration solutions.

This body of research indicates that when it comes to rehydration after exercise, unflavoured milk (full fat, skim or soy) is better than sports drinks.

But what about chocolate milk?

A small study looked at the effects of chocolate milk compared to plain milk on rehydration and exercise performance in

futsal players (futsal is similar to soccer but played on a court indoors). The researchers found no difference in rehydration between the two. There's no other published research to my knowledge looking at how chocolate milk compares to regular milk for rehydration during or after exercise.

But rehydration isn't the only thing athletes look for in sports drinks. In the same study, drinking chocolate milk after play (referred

to as the recovery period) increased the time it took for the futsal players to become exhausted in further exercise (a shuttle run test) four hours later.

This was also shown in a review of several clinical trials. The analysis found that, compared to different placebos (such as water) or other drinks containing fat, protein and carbohydrates, chocolate milk lengthened the time to exhaustion during exercise.

What's in chocolate milk?

Milk contains protein, carbohydrates and electrolytes, each of which can affect hydration, performance, or both.

Protein is important for building muscle, which is beneficial for performance. The electrolytes in milk (including sodium and potassium) help to replace electrolytes lost through sweating, so can also be good for performance, and aid hydration.

Compared to regular milk, chocolate milk contains added sugar. This provides extra carbohydrates, which are likewise beneficial for performance. Carbohydrates provide an immediate source of energy for athletes' working muscles, where they're stored as glycogen. This might contribute to the edge chocolate milk appears to have over plain milk in terms of athletic endurance.

Coffee-flavoured milk has an additional advantage. It contains caffeine, which can improve athletic performance by reducing the perceived effort that goes into exercise.

One study showed that a frappe-type drink prepared with filtered coffee, skim milk and sugar led to better muscle glycogen levels after exercise compared to plain milk with an equivalent amount of sugar added.

So what's the verdict?

Evidence shows chocolate milk can rehydrate better than water or sports drinks after exercise. But there isn't evidence to suggest it can rehydrate better than plain milk. Chocolate milk does appear to improve athletic endurance compared to plain milk though.

Ultimately, the best drink for athletes to consume to rehydrate is the one they're most likely to drink.

While many TikTok trends are not based on evidence, it seems chocolate milk could actually be a good option for recovery from exercise. And it will be cheaper than specialised sports nutrition products. You can buy different brands from the supermarket or make your own at home with a drinking chocolate powder.

This doesn't mean everyone should look to chocolate milk when they're feeling thirsty. Chocolate milk does have more calories than plain milk and many other drinks because of the added sugar. For most of us, chocolate milk may be best enjoyed as an occasional treat.

(By Evangeline Mantzioris, University of South Australia, The Conversation)

MIND, BODY & HEART



All you need to know about...

Osteoporosis

Prevention

No matter what your age is, you can take steps to build bone mass and prevent bone loss, says Dr. Parag Sancheti, Chairman and Managing Director of Sancheti Hospital shares the reasons, symptoms and treatment options to keep osteoporosis at bay.

Causes

- After menopause: The ovaries reduce the production of estrogen, a compound that helps strengthen bone density.
- Family history: One is more likely to be affected if there is a family history of osteoporosis.
- Not getting enough physical activity: Exercises help build bone density. Walking, dancing, playing tennis, and weight-bearing exercises, etc., reduce the risk of this disease.
- Alcohol consumption and smoking affect bone density, leading to this disease.

Symptoms

Osteoporosis is a silent disease; symptoms are rarely clear and often get detected after one breaks a bone. Symptoms include severe pain or fracture in the vertebral column, loss of height, spine malformations, and development of a stooped or hunched back.

Treatment

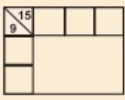
Lifestyle management, especially for women, is very important to prevent this disease. Starting regular exercises, including an adequate amount of calcium in your diet, and moderating alcohol and smoking can help in managing the condition. Pharmacological therapy is initiated based on fracture history, T-scores, and fracture risk probabilities. Prevention strategies involve exercise, healthy eating, vitamin D supplementation, and sun exposure, along with avoiding smoking and excessive alcohol consumption. Regular screening and awareness are key to identify and manage osteoporosis.

-Femina

According to people on TikTok, chocolate milk is not only delicious, but it offers benefits comparable to sports drinks after a workout

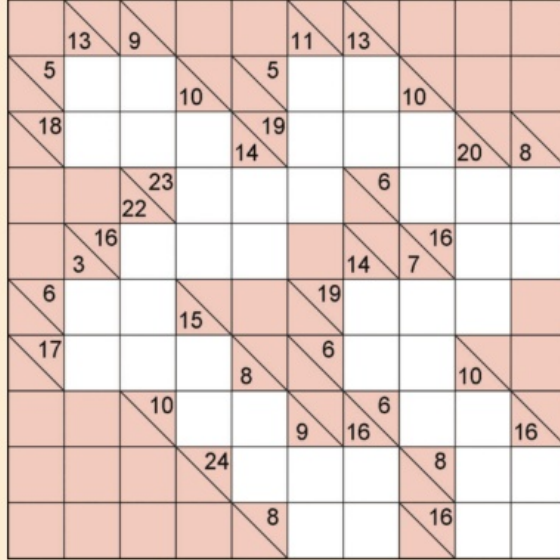
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

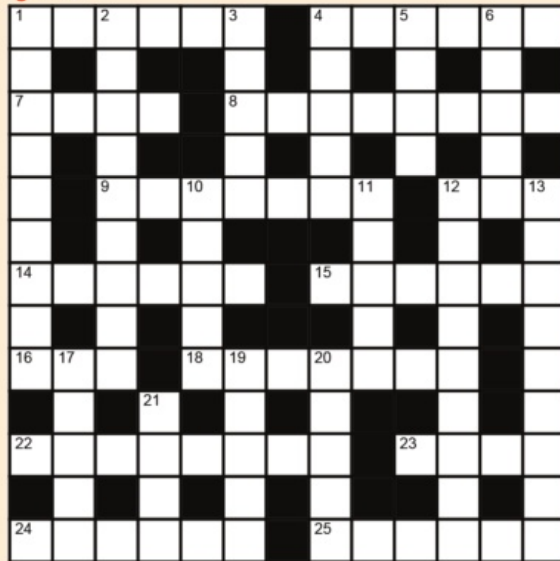


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

- 1 Overly inquisitive (6)
- 4 Tray (6)
- 7 Fearsome giant (4)
- 8 Show on The Box (8)
- 9 Spoken calumny (7)
- 12 Afternoon refreshment (3)
- 14 A poser or a problem (6)
- 15 Gave consent (6)
- 16 Varsity (3)
- 18 Draws idly (7)
- 22 Twenty four to be precise? (3,5)
- 23 Seed husks (4)
- 24 Road used as a detour (6)
- 25 Tiny bit of food (6)

DOWN

- 1 Rice noodle delicacy of Karnataka (4,5)
- 2 Indian goddess of wisdom (9)
- 3 Squeal or complain about? (3,2)
- 4 Figure out (5)
- 5 Impost (4)
- 6 Come after (5)
- 10 Correct or reform (5)
- 11 Majestic (5)
- 12 Fortunes (9)
- 13 Related to the stomach (9)
- 17 Very recently (5)
- 19 Drains slowly (5)
- 20 Jeans fabric (5)
- 21 So Big author Ferber (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: A EQUALS O
 WCB EVX LCA YT YXWBXW AX
 EVGYXF WCB EATW AR CYT
 AOOANWQXYWYBT YT WAA
 KQTH WA KAWCBN VKAQW
 UQDG.



Linemaro

There's no one alive who is younger than you



Mindchow

We buy things we don't need with money we don't have to impress people we don't like



Joke of the day

North Korean leader Kim Jong Un recently announced he's gonna be giving out a prize for the best film that's made about him. The prize is 15 years

Loop

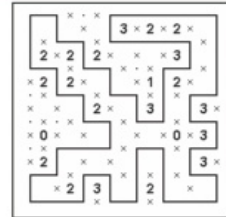
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

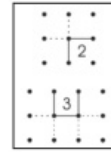
How to begin:

Example (Fig A) - Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

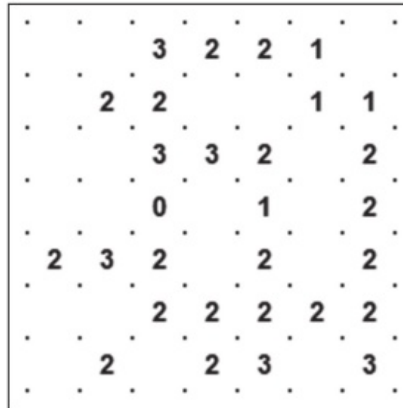
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



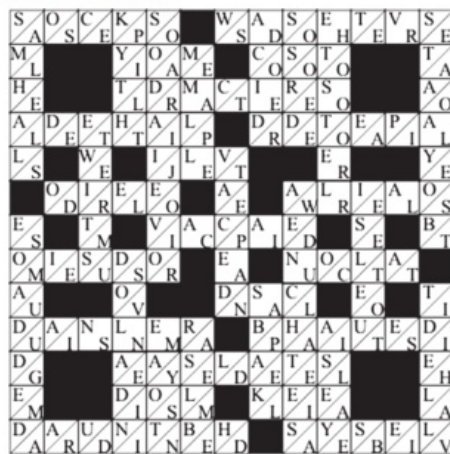
(Fig A)



(Fig B)
Not Allowed



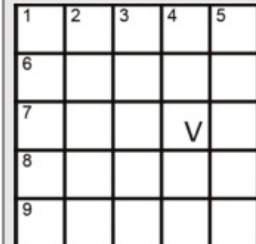
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

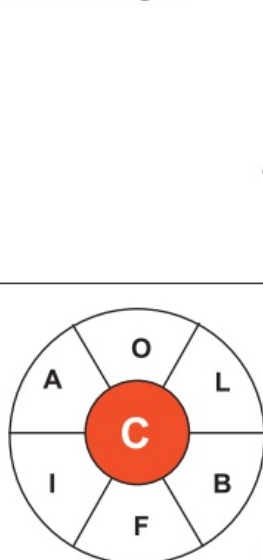
- 1 Rheas; 6 Tange;
- 7 Voles; 8 Or rip;
- 9 Stain

DOWN

- 1 PS has; 2 A Argo;
- 3 Litre; 4 Ovine;
- 5 Rents

Mensapuzzle

Solve this dingbat:



LIBRARY BOOKS

DUE

Bull's eye

How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

04 Average; 05 Good; 06 Outstanding

SudokuChallenge



To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Easy

3 4 6 7 = 2

Medium

2 5 6 9 = 13

Hard

5 8 9 7 = 13

Hocusfocus



Find at least six differences in details between panels.



Differences: 1. Veil is shorter. 2. Hat is shorter. 3. Tie is different. 4. Mouth is different. 5. Boutonniere is higher. 6. Dress neckline is different.

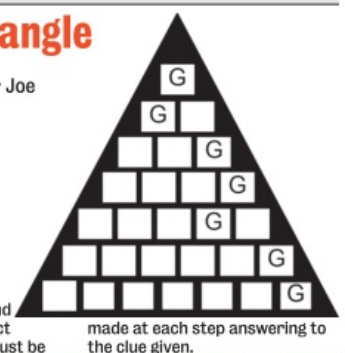
Riddler

When this cat's great white mane, Goes flying through the air, All he has left is his stalk No claws to rend and tear. What is it?

Alpha triangle

- 1 1000 colloquially
- 2 American soldier Joe
- 3 Use a spade
- 4 Dent slightly
- 5 Condescend
- 6 Conclusion
- 7 Giving on loan

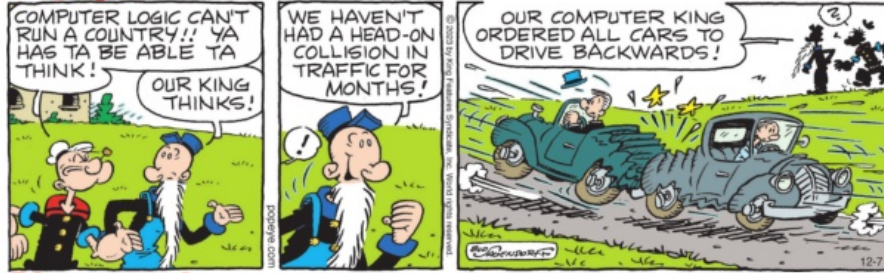
Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be



made at each step answering to the clue given.

COMICS

Popeye



Bizarrotrip



Diamond Lil



Hart of the city



Crankshaft



Mutts



WHAT YOUR STARS SAY TODAY

Aries Mar 21 - Apr 20

Today destiny is with you, your health may be good. You may likely go to a religious place with your family or friends. You may plan to donate an amount to any religious place or charity. Property-related deals may likely be done. You may plan for overseas travel related to work.



Leo Jul 24 - Aug 23

Today, you may be able to complete difficult tasks very easily, which may boost your confidence level. Your past investments may pay you good gains. You are advised to avoid arguments on worthless topics, it may waste your precious time. Your network will be helpful to grow your business.



Sagittarius Nov 23 - Dec 22

Today, you may feel happy, and your health is also good, which may give you inner strength and self-confidence. Your conscience may not allow you to manipulate the messy task to maintain your reputation around your environment. Your social prestige is likely to be increased.



Taurus Apr 21 - May 20

Today, you may be a victim of conspiracies. You should avoid being involved in controversies, your strong willpower and blessings from elders may protect you from this critical situation. You are advised to avoid making arguments in your love life. You should also avoid rash driving or any adventure tour.



Virgo Aug 24 - Sep 23

Today is not good. You may feel unhappy, you may be dissatisfied with your current situation. You are advised to keep patience and should not take any decision in a hurry. You are advised to take care of your parents.



Capricorn Dec 23 - Jan 20

Today you may be disappointed. You are advised to control your arrogance, otherwise, you may face some losses due to your speaking. Love birds should be careful in discussion otherwise, relations may be affected.



Gemini May 21 - Jun 21

Today you will be happy. You may feel peace of mind. Your focus towards your goals would be very good. You may likely have a romantic moment with your spouse. Your bonding with your spouse may be stronger now. You will also be busy with other domestic issues.



Libra Sep 24 - Oct 22

Today, you may be enthusiastic. Your focus towards your goals may be very good. You may easily achieve your target. You are likely to go for short work-related trips, which may give you benefits shortly. Your colleagues and friends may help you in the completion of important projects.



Aquarius Jan 21 - Feb 19

Today, there may be peace in the mind. You may plan to invest capital in the business, which may increase liquidity in your business. Your earnings may boost your financial health. You may enjoy romantic moments with your spouse, which may enhance harmony in the family life. Singles may likely find a suitable match. Love birds may decide to get married. Students will be blessed by good karma.



Cancer Jun 22 - July 23

Today you may be more enthusiastic. Your performance at work may be good, it may boost your terms with seniors, and you may likely get new responsibilities in terms of promotions. In legal matters, you may hear good news. Your opponents and hidden enemies may be under control.



Scorpio Oct 23 - Nov 22

Today you are blessed by Jupiter and the moon. You may expect to get rewards on behalf of your social services. You are appreciated by your seniors, you may also get promotions. Your losses may convert into profits now, which will increase liquidity in the business. You will plan to invest more capital into the family business, which will increase your family business shortly.



Pisces Feb 20 - Mar 20

Today you may be very happy, your losses may convert into profits. Your seniors may be happy and appreciate your work. You may likely have changes in your place, position or responsibilities at work. Your opponents and hidden enemies may be under control now. Singles and love birds may make important decisions in terms of marriage with the help of relatives or friends.



KIDZONE



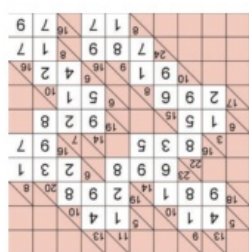
Rakshay,
13 Years,
Jubilee
School



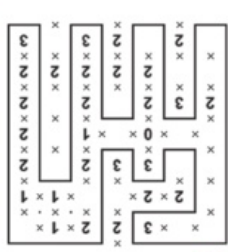
Ananya
Vastare,
10 Years,
Insight
Academy

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011; Please send hard copies of your artwork in A4 size only.

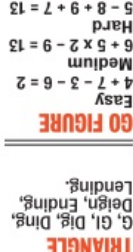
SOLUTIONS



KAKURO



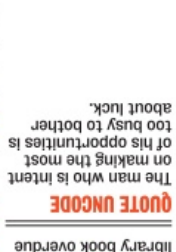
LOOP



ALPHA



SUDOKU



MENSA PUZZLE



QUICK



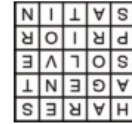
STRIKE OUT



BULLS' EYE

RIDDLE

Dandelion



FAST FIVE

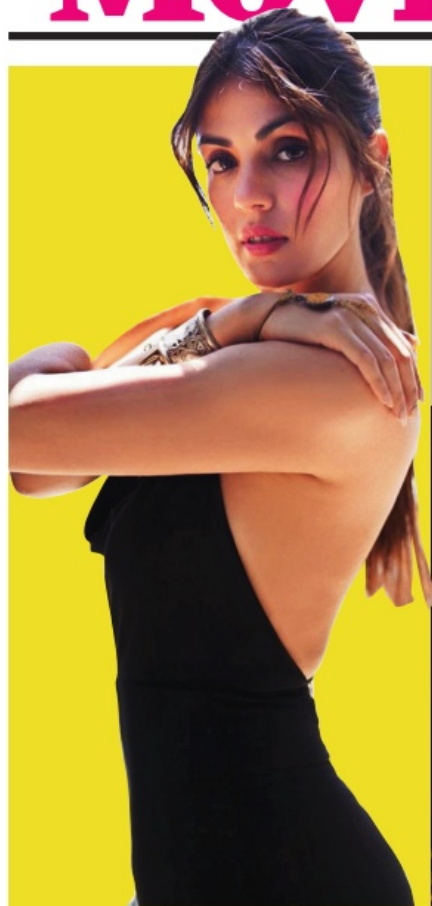
SOLVE IN 1M

1.5 x 400 - 4.5 x 100 =

BIFOAL, calif, local

colf, colf, local

600 - 450 = 150



Horror of prison

Rhea Chakraborty recently opened up about her time in jail following the death of her boyfriend Sushant Singh Rajput.

In an interview with Humans of Bombay, Rhea shared how she became a public enemy overnight, facing relentless media scrutiny and harsh trolling. She spoke about the trauma of losing someone close while dealing with the intense backlash.

"Don't bend, don't cry, don't break. You have to take a bullet, you have to take it in the a**. I remember looking at myself in the mirror and saying, you're scared, right? It almost felt like the mirror said yes. Investigations every day, there was media and mobs under my building constantly, and it required a lot of strength to even make it to the investigation because I was worried that something would happen on the way," Rhea recalled.

She talked about the resilience it took to emerge strong from that dark period, noting that the truth kept her going throughout the ordeal and continues to do so even four years later. "When I walked out of prison, I knew I would never be the same person again. Jail is actually a very different world because there's no society in jail. It's all about survival, you know? Every single day was about surviving. And each day felt like a year," she shared.

Rhea described jail as a place where everyone is just a number, and survival is the only focus. Reflecting on her experience, Rhea also admitted that not everyone around her was a true friend and that her family felt shattered. She concluded, "I have not forgiven everybody. Some people are in my head now."

-ETimes

Starry birthday



Sudeep on plans to celebrate the special day and much more

Kichcha Sudeep is set to celebrate his birthday today. Sudeep's hard-core fans and well-wishers are geared up to celebrate his birthday on a grand-scale but he does not want to repeat last year's incident – cancellation of the meet-and-greet programme with his fans. He wants to meet and greet his fans at MES Grounds, Jayanagar 4th Block.

No cakes

Kichcha Sudeep has advised his fans, who come from all corners of the state, not to bring cakes and garlands. "I want my fans to spend money for good purposes instead of spending money to buy cakes and garlands. I have seen the pathetic condition of the cakes as soon as the cake cutting ceremony is over. Everyone wants a piece of cake but no one wants the cake. The garlands are too heavy and not safe. Finally, those garlands end up on a gate or on a vehicle," said Sudeep.

Playground

All these years, I have noticed how my neighbours struggle to cope with my fans whenever I celebrate my birthday. I have decided not to trouble my neighbours in the future. So, I decided not to celebrate my birthday with fans at my residence at JP Nagar. I have to thank Jayanagar MLA CK Ramamurthy for making arrangements at the MES Grounds. My fans have been working hard to make the arrangements for the event. The police have allowed my fans to organise the function from 10 am to 12.30 pm on September 2.

On Darshan

I do not want to comment on Darshan's issue. I am not big enough to advise Darshan how to lead his life. He too has family and fans. I do not want to get involved in a controversy by commenting on this issue. I had already said what I was supposed to say. We should have trust in law and order and the judicial

system. The trial is yet to begin in the case. We should not be in a hurry to comment on this issue. I do not want to hurt Darshan's family and also the victim's family by commenting on this issue.

On movies

I want to break the norm of doing one move at a time. I have noticed that it is not working. Many people started enquiring about my health thinking that I am not acting in movies because I am not well. I want to do more than two movies a year. I know the release of my latest movie Max is delayed.

On Mollywood controversy

My wife is a Malayalee but I have nothing to do with the ongoing controversy in Malayalam film industry. When it comes to Kollywood, I am just a guest and not a host. I do not want to comment on the decisions taken by Tamil film producers. I want to focus on Kannada films.

No guidance

I do not want to advise or guide my daughter Saanvi. She knows what she wants to become and is also capable of becoming what she wants to be. I also do not advise and guide my nephew Sanchith.

Directing movies

I am also making preparations for my next directorial movie. I am working on the script. I love to act in a movie directed by Vijaya Kumar aka Duniya Vijay. I want to watch Golden Star Ganesh's recent box-office hit Krishnam Pranaya Sakhi.

No politics

I am of the opinion that there is nothing wrong with politicians in power. There is no need for me to enter into politics. All the political parties have invited me to join politics but I am not interested in politics.

-Y Maheswara Reddy

Mommy 'so cute'

Ananya Panday is eagerly anticipating the release of her upcoming OTT series, 'Call Me Bae.' Amid her busy schedule, recently, she responded to a video shared by her mother, Bhavana Pandey, from a family trip with Ananya's younger sister, Rysa. In the video, Bhavana mentioned how much she missed Ananya during the trip. Ananya found the video "so cute" and shared her reaction on social media.

Ananya's clip beautifully captures the adorable moments between Bhavana and her younger sister, Rysa. The video showcases their fun times together, including enjoying breathtaking views, sunsets, dining out, and even making pizza. It's a heartwarming glimpse into their family life, perfectly embodying the essence of family goals.



In the video, Bhavana Pandey captioned it, "The Best time with my Bae @rysapanday !!!! From the most stunning views to relaxing massages to yummy wine tasting to fabulous food !!!!! even learnt how to make missed you @ananyapanday @ chunkypanday Thank you for helping me plan this ! dushyantbhalla" 'Call Me Bae' features a star-studded cast, including Vir Das, Gurfateh Pirzada, Varun Sood, Vihaan Samat, Muskaan Jaferi, Niharika Lyra Dutt, and Mini Mathur.

-ETimes

Anything for fans

Actress-singer Selena Gomez, who is receiving a great response to the recently released fourth season of the mystery comedy-drama television series, 'Only Murder in the Building', likes to keep her fans happy and make commitments that bring smiles on their faces.

Recently, Selena took to her Instagram, and shared several pictures and videos of herself attending a volleyball game in Telluride, Colorado.

The first picture in her carousel has a placard

which reads, "Selena Gomez, please sing the National Anthem at one of the home games. Friday 6:00 pm, Saturday 1:00. THS volleyball team".

In the following pictures, Selena can be seen interacting with the volleyball players and posing with them for the camera. She wrote in the caption, "They asked!! Couldn't help it, it's my first time in Telluride".

Recently, Selena had also revealed that she was "nervous" about joining the cast of 'Only Murders in the Building'. The fourth season of 'Only Murders in the Building' dropped in the USA.

-IANS

